

February 2017

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

DASH to Stop Hypertension

February is National Heart Health Month and with heart health follows numerous conditions that can effect our health.

Hypertension is a medical term for High Blood Pressure. High blood pressure is when the force of the blood flowing through your blood vessels is consistently too high. Having high blood pressure can cause extra stress on the heart and lead to hardening of the arteries. This can increase your risk for heart disease and stroke. Heart disease and stroke are the first and third leading cause of death among Americans. High blood pressure can also lead to congestive heart failure, kidney disease, and blindness.

Following the proper eating plan can not only help you treat high blood pressure, it can help you lower your risk for heart attack, heart disease, stroke and other diseases.

The D.A.S.H. (Dietary Approaches for Stopping Hypertension) eating plan has been researched heavily over the years and proven to be effective at lowering blood pressure in all groups of people studied.



The DASH eating plan is designed to provide you the needed nutrients to meet your daily needs while controlling your blood pressure. The diet is easy to follow and contains the following guidelines:

- Low in saturated fat, total fat, and cholesterol
- High in fruits and vegetables
- Increased low-fat dairy food
- Contains less red meat
- Reduced sodium
- Reduced sweets and added sugar-containing beverages



The DASH Eating Plan for a 2000 calorie diet

Food Group	Daily Servings	Serving Sizes
Grains and grain products	7-8	1 slice bread 1 cup ready to eat cereal 1/2 cup cooked rice, pasta
Vegetables	4-5	1 cup raw vegetable 1/2 cup cooked vegetable 6 ounces of vegetable juice
Fruits	4-5	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, canned 6 ounces of fruit juice
Low-fat or fat free dairy foods	2-3	8 ounces milk 1 cup yogurt 1 1/2 ounces of cheese
Lean meats, poultry, fish	2 or fewer	3 ounces of cooked lean meat, skinless poultry, or fish
Nuts, seeds, and dry beans	4-5 per week	1/3 cup or 1 1/2 oz. nuts 1 tablespoon of seeds 1/2 cup cooked beans
Fats and oils	2-3	1 teaspoon soft margarine 1 tablespoon low fat mayo 2 tablespoon light dressing 1 teaspoon vegetable oil
Sweets	5 per week	1 tablespoon sugar 1 tablespoon jelly or jam 1/2 ounce jelly beans

References:

NutritionCareManual.org (Academy of Nutrition and Dietetics)

http://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf

[Www.heart.org](http://www.heart.org)

Tips to help you switch

- Change gradually. Add a vegetable or fruit serving at lunch and dinner.
- Use only half the butter or margarine you do now
- Start choosing whole grain foods
- Spread servings out by having fruit as snacks
- Try having meatless meals a couple times a week

Sodium Free Flavors

The following can be used instead of salt.

Spice Blend Recipe (makes about 1/3 cup)

5 teaspoons onion powder

2 1/2 teaspoons garlic powder

2 1/2 teaspoons paprika

2 1/2 teaspoon dry mustard

1 1/2 teaspoon crushed thyme leaves

1/2 teaspoon white pepper

1/4 teaspoon celery seed

BE CAREFUL NOT TO OVER SEASON!

CONTACT YOUR PHYSICIAN OR REGISTERED DIETITIAN TO SEE IF DASH WOULD BE APPROPRIATE FOR YOU!

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<http://chfs.ky.gov/dail/default.htm>